



# HAKOMI PROFESSIONAL SKILLS TRAINING

## TRAINING INFORMATION

AOTEAROA: LEVEL 2 COMMENCING MARCH 2025

### **LEVEL ONE: HAKOMI FUNDAMENTAL RELATIONSHIP SKILLS** **2 x 6-Day Modules (76 hours training)**

**Pre-requisite: Attendance at a Hakomi Workshop.**

Level One may be undertaken as a stand-alone training for those who wish to learn skills for working somatically and using mindfulness as a basis for therapeutic work.

**Purpose:** To train Psychotherapists and allied health professionals in the fundamental building blocks of the Hakomi method. Emphasis is on the development of self and connection to others. Hakomi tools can be applied to therapy, business settings, coaching and other healing modalities.

**Target Group:** Psychotherapists, Counsellors, Doctors, Social Workers, Massage Therapists, Occupational Therapists, Yoga Teachers, Coaches, Chiropractors, Physiotherapists, Cranio-Sacral Therapists, Teachers, Psychologists,

**Module 1: Meeting the Other: Skills for Respectful Relationship**

- Mindfulness, Hakomi Principles, Relationship Skills,
- Attachment theory
- Loving Presence
- Contact statements and tracking skills
- Accessing organic self/impulse towards potential
- Mindfulness techniques for emotional self-regulation



**Module 2: Follow the Leader: Skills for Facilitating Growth**

- Mindfulness as technique
- Use of Body/somatic intelligence and supporting organicity
- Somatic resourcing for Trauma
- Following and Leading
- Experimental attitude
- Ethical practice and Cultural Diversity

**Dates:** Proposed to commence mid 2026. Dates will be available by May 2025.

**LEVEL TWO: HAKOMI PROFESSIONAL SKILLS TRAINING  
4 x 6-Day Modules (144 hours training)**

**Purpose:** To teach the methodology, techniques and theoretical frameworks of the curriculum of the Hakomi Institute (USA).

**Pre-requisite:** Level One: Hakomi Fundamental Relationship Skills.

**Dates:**

<b>Module 1:</b>	1 – 6 March 2025
<b>Module 2:</b>	10 – 15 June 2025
<b>Module 3:</b>	16 – 21 August 2025
<b>Module 4:</b>	15 – 20 November 2025

**Investment:**

<b>First payment:</b>	\$1,850 (GST incl) paid by 1 February 2025
<b>Followed by 6 x monthly instalments:</b>	\$650 (GST incl) beginning 20.03.25



## **LEVEL THREE: HAKOMI ADVANCED CLINICAL SKILLS**

### **3 x 6-Day Modules (117 hours training)**

- Purpose:** To teach Advanced Skills of Hakomi Mindful Somatic Psychology in application to Clinical Practice.
- Each module will consist of 50% advanced teaching and 50% supervision of practice.
- To prepare students for Certification as Hakomi Therapist with Hakomi Institute (USA).
- Pre-requisite:** Level One: Hakomi Fundamental Relationship Skills.  
Level Two: Hakomi Professional Skills Training  
OR:  
Completion of Hakomi Professional Skills Training as offered in the past.
- Dates:** Proposed to start March 2026.
- Investment:** TBA.

Upon Completion of Level Three students will graduate with Hakomi Institute (USA). Certification as a Hakomi Therapist, (competency based assessment) may also be undertaken at any time following completion.

To apply online, please click on the link [here](#).